"Life Maid Easy"

- ROUTINE RESIDENTIAL AND OFFICE CLEANING
- GIFT CERTIFICATES AVAILABLE FOR YOUR CHRISTMAS GIFT GIVING
- MAIDS ARE BONDED AND INSURED TO PROVIDE YOU WITH PEACE OF MIND
- FREE EXPRESSTIMATE SIMPLY BY CALLING OUR TOLL FREE NUMBER

1-800-333-MAID

EXPRESS MAID®
AN AFFORDABLE RESIDENTIAL / OFFICE CLEANING SERVICE!
EXPRESS MAID® Franchises are locally owned and operated.

Top Video Rentals

1. **Pretty Woman** Julia Roberts (Touchstone) Last Week: No. 1
2. **Q&A** Nick Nolte (HBO) No. 4
3. **Glory** Matthew Broderick (RCA/Columbia) No. 2
4. **Teenage Mutant Ninja Turtles** (Family Home Entertainment) No. 3
5. **The Hunt For Red October** Sean Connery (Paramount) No. 21
6. **Driving Miss Daisy** Jessica Tandy (Warner) No. 5
7. **The First Power** Lou Diamond Phillips (Nelson Home Entertainment) No. 9
8. **Bad Influence** Rob Lowe (RCA/Columbia) No. 6
9. **I Love You To Death** Tracey Ullman (RCA/Columbia) No. 11
10. **Stanley & Iris** Jane Fonda (MGM/UA) No. 19
11. **Fire Birds** Nicolas Cage (Touchstone) No. 7
12. **Born On The Fourth Of July** Tom Cruise (MCA/Universal) No. 8
13. **Internal Affairs** Richard Gere (Paramount) No. 12
14. **The Cook, The Thief, His Wife & Her Lover** Helen Mirren (Vidmark) No. 18
15. **Loose Cannons** Gene Hackman (RCA/Columbia) No. 10
16. **The Guardian** Jenny Seagrove (MCA/Universal) No. 15
17. **Stella** Bette Midler (Touchstone) No. 14
18. **Hard To Kill** Steven Seagal (Warner) No. 17
19. **Jetsons: The Movie** (MCA/Universal) No. 22
20. **Joe Versus The Volcano** Tom Hanks (Warner) No. 20

Problems with burning wood stoves

Prolonged burning of a wood commonly used for outdoor decks and patios may cause arsenic poisoning and a host of irreversible physical problems.

Dr. J. Ward Donovan, a toxicologist and assistant professor of medicine with Penn State's Milton S. Hershey Medical Center, says "Pressure-treated wood is coated with a preservative containing chromium copper arsenate (CCA), a pesticide and fungicide. When scraps of the wood are burned in woodstoves and fireplaces, arsenic may be released through stovepipe leaks and faulty flues, leading to arsenic poisoning by inhalation. Handling ashes containing arsenic can also result in arsenic poisoning through the skin."

According to Dr. Donovan, arsenic poisoning can cause neurological problems, numbness in the arms and legs, hair loss, skin rashes, and gastrointestinal upsets. He observed these symptoms in a patient he recently treated for arsenic poisoning after the man burned scraps of pressure-treated wood in his home over a period of several months.

With oil prices rising this winter, many people will increase their use of woodstoves and fireplaces, raising the possibility that they will use wood treated with arsenic to heat their homes. One particular risk group may be Amish and Mennonite families. Many own small businesses making products from pressure-treated wood and heat their homes with woodstoves and fireplaces.

Dr. Donovan also warns about the increased risk of carbon monoxide poisoning during the winter heating season. He warns, "An incorrectly vented furnace, fireplace, or coal stove may release carbon monoxide into the home. Carbon monoxide attacks the oxygen we need to stay alive. It is the number one poison killer in America."

Faulty space heaters and hot water heaters can also lead to carbon monoxide poisoning.

Early symptoms of carbon monoxide poisoning are headaches, dizziness, weakness, nausea, rapid heartbeat, diminished hearing, and visual problems. Severe symptoms are vomiting, disorientation, unconsciousness, coma, seizures, respiratory failure, and cardiac arrest. Acute exposure to carbon monoxide can cause permanent damage to the brain, nervous system, and internal organs.

Carbon monoxide is especially dangerous because it is so ordinary and silent-unseen and unheard. Its only cure is prevention. Dr. Donovan warns those with concerns about their heating systems to have them inspected. Anyone with questions about poisons--arsenic, carbon monoxide, or others--may call the Central Pennsylvania Poison Center, located at Hershey Medical Center, at (717) 531-6111 or 1-800-521-6110.

Third Annual Animals' Christmas Party

Even though December 15, 1990 is a full ten days before Christmas, the Humane Society of Harrisburg Area, Inc. is hoping they can give all their shelter animals their gifts early. That's the day the Society will hold its Third Annual Animals' Christmas Party at the East Shore Shelter, 7750 Grayson Road, Harrisburg, and the West Shore Shelter, 710 Eppley Road, Mechanicsburg.

The event will be the Second Annual Animals' Christmas Party at the Society's Cumberland Valley Shelter, 2325 Country Road, Chambersburg.

All three locations will be running the "Party" from 12:00 noon through 4:00 p.m. that day. Representatives of the Society's Board of Directors and staff, as well as volunteers, will be on hand to conduct tours of the facilities, answer questions, and share free refreshments as holiday cheer with all who attend. The general public is invited.

Attendees are encouraged to bring gifts of pet foods and monetary donations, the latter to be placed in tree trimming envelopes. And, of course, the greatest "early" Christmas gifts the animals could hope to receive are new, loving homes.

According to H. Clay Criswell, Executive Director, this would be an ideal time to consider adopting that special Christmas pet because it's early enough to allow the pet an ample amount of time to adjust to its environment before the energy and excitement of Christmas Day arrives. Criswell said that it would also be more advisable to wait until after Christmas Day to bring the pet home than on Christmas Day.

To this end, the Society has new "adoption gift certificates" available that could be used as stocking stuffers promising a loved one that a pet will be forthcoming. The Society is so concerned about last minute Christmas adoptions that its shelters will close at 4 p.m. on December 22nd and will not reopen until 10 a.m. on December 26th.

For more details, call the Humane Society at 564-3320, 697-8547 or 263-5791.

Temporarily unemployed?

See me for short-term hospital-surgical insurance.

ROBERT C. GARDNER
766-7180

Personal Health Insurance for Sale or Rent

State Farm Mutual Automobile Insurance Company · Home Office: Bloomington, Illinois

Family Dentistry
Modern, Quality Care
With Old Fashioned Caring.
•Offering Complete General Dental Care for Patients of All Ages.
•Participating in Blue Shield and Delta Dental Service plans.
•Extended Hours Available.
•Nitrous Oxide (laughing gas) available.
•Newly Expanded Facilities.
Peter H. Drake, D.D.S.
100 Scotch Pine Road
Dillsburg, PA 17019
432-4899 or 528-8028
Conveniently located halfway between York Springs and Dillsburg on U.S. Route 15.

1/2 HOG OR 199 BEEF AVAILABLE
Catering & Hog Roasting
Deer Processing
Barbara Gross
(717) 266-4485

CABIN VIEW TOWNHOMES
Less than $485/Month*
New construction. Two bedroom townhomes, 1 1/2 baths, full service kitchen, quality construction. Pick your own colors. Great for first time buyers or retirees.
Prices starting at $61,900
*Principal and interest only with $3,100 down for a $58,800 30-year mortgage at 8.78% interest.
RSR Realtors
763-1212
ONLY 6 LEFT!
For private showing call: Agent Jan Castner 761-3974
Directions: From Dillsburg take Route 74 past Northern High School, take Route 194 to Cabin Hollow Road, turn right to property on left.

Wanted To Buy
QUALITY ANTIQUES INCLUDING
FURNITURE · GUNS · POTTERY
CHINA · COMIC BOOKS · TOYS
MILITARY ITEMS · JEWELRY
QUILTS · DECORATED STONEWARE
Highest Prices Paid
Beaver Creek Antiques
717 432-4113

COPENHAVER ROOFING
Over 25 Years Experience
Average tear off, re-roof, shingle job 1 day.
Free Estimates
432-9106.1

Mrs. Natalie
Astrology
Horoscope readings, advice for all problems.
Call for appointment
737-3051
SAVE $5 With this coupon

See BOB's! Santa HELPER

MAY ALL YOUR CHRISTMASES BE WHITE.

Over 25 Reconditioned CHAIN SAWS Starting $59.00

NO DOWN PAYMENT NO INTEREST till April 1991 with approved credit

Over 35 Reconditioned SNOWBLOWERS Starting $99.00

THE TORO® CCR POWERLITE™ MAKES THE PERFECT CHRISTMAS GIFT.
- So easy to use, anyone can handle it.
- It even folds up small enough to fit under the tree.
- Weighs only 36 lbs., yet clears up to 12 inches of snow, and throws it up to 25 feet.
- Performs so well, it's backed by the Powerlite Performance Guarantee. Ask for details.

TORO
Haven't you done without a Toro long enough?®
© 1990 The Toro Company

STIHL
This Christmas give the ONE they Always ASK for... Powerful STIHL Automatic Oiling Anti-vibration 14" BAR Reg. $219.99
SAVE $20 $199.99

30.2 cc Engine Lightweight
Reg. $139.99
SAVE $20 $119.99
$10.00 Deposit will Lay Away for Christmas
Gift Certificates Available
YOUR PARTNER IN THE OUTDOOR CHALLENGE
BOB'S
WELD SHOP, INC.
292-3640
LAWN & GARDEN EQUIPMENT CENTER
RAE ALPINE RD., LEWISBERRY at PINCHOT PARK
HOURS
Monday-Friday 8 A.M.-6 P.M.
Tues., Thur. 8 A.M.-8 P.M.
Sat. 8 A.M.-12 NOON

HIDDEN SPRING HOME IMPROVEMENT CO.
We do all types of Building Improvements and Repair
CARPENTRY · ELECTRIC · PLUMBING
Specializing in Kitchen & Bath Remodeling
432-4776

FRENCH & SONS AUTOMOTIVE
State Inspections and Minor Repair
Tires - Brakes - Tune Ups - Exhaust
112 West Lisburn Road
Bowmansdale PA 17008
Glenn French 766-2353

COMMUNITY TRANSIT
PART-TIME BUS & VAN DRIVERS
YORK COUNTY'S TRANSPORTATION SYSTEM is looking for reliable drivers. Excellent opportunity for the retiree, homemaker and those who want to supplement their income.
- Part-time opportunities
- Mornings and afternoon hours
- Class 2 or 3 license required
- 90 day probation
- Must be able to pass an ICC physical & drug test
- Knowledge of Dillsburg and surrounding area
- Starting rate is $5.25 per hour

YCTA is an EO employer. Women and Minorities are encouraged to apply.
YORK COUNTY TRANSPORTATION AUTHORITY
Applications can be filed out at the Dillsburg Senior Center, 1 North Second St., Dillsburg. Contact Mary Rose. Information call: 1-800-632-9063

THE CHOPPING BLOCK

by Philomena Corradeno

Does it seem a bit early to consider Christmas dinner? Not if you want to join the growing number of families whose tables will be graced with a golden roast goose this year.

GOLDEN ROAST GOOSE

1 12-pound frozen goose, thawed
1 large peeled lemon, cut in chunks
2 medium onions, cut in chunks
2 ribs celery with leaves, halved
¼ cup coarsely chopped Italian parsley
2 tablespoons Italian olive oil
½ teaspoon dried thyme
½ teaspoon dried rosemary
½ teaspoon crushed dried oregano
½ teaspoon rubbed dried sage
1 teaspoon salt
½ teaspoon black pepper

Preheat oven to 400°.

Remove string or rubber bands that hold legs and wings of goose in place. Remove excess fat from cavity and neck skin as well as giblets and neck from cavity. Rinse bird and drain. Place lemon, onion, celery and parsley in cavity. Fasten neck skin to back and tie legs together. With the point of a small sharp knife, pierce the goose at one-inch intervals on the breast and at ½-inch intervals on the rest of the bird (back, front and legs).

Combine olive oil, herbs, salt and pepper; rub all over outside of goose. Place, breast side up, on rack on shallow pan. Insert thermometer deep into inside thigh muscle. Roast uncovered at 400F for 45 minutes. Reduce oven temperature to 325F and continue roasting three to 3½ hours, or until thermometer registers 185F. During roasting, spoon or siphon off accumulated fat from pan every half hour.

When done, drain cavity and allow goose to rest at room temperature 15 minutes before carving. I served Glazed Oranges using a recipe from "The New Good Housekeeping Cookbook" (Hearst Books, $19.95). My family was so impressed. Start on the oranges about an hour before goose is done.

DEAR DIANE

by Diane Van Arsdale

DEAR DIANE:

I've just recently remarried, and I have two children from a previous marriage. My new husband doesn't have any children of his own. He said he would like to have a child with me somewhere in the near future. He is a good man, and has the patience of a saint. The children always treat him disrespectfully, and when something doesn't go their own way and they should be disciplined and I'm not around, the children always tell him that he's not their dad and has no right to tell them what to do. They also say other things like they hate him, they don't want him around, etc. They say rotten things to him, and he's still just as nice as can be. I've talked to the children many times. I've disciplined them myself when they treat him that way, and nothing seems to help. Their own father was a drunk and never home, absolutely awful with the kids, so I don't understand their actions, when they have such a good and supportive new stepfather. I love my husband, and I can't stand the way they treat him.

APPALLED

DEAR APPALLED:

It's very natural for children to want their real parents together, no matter how horrible one or the other of those parents may be. As a result, your children are angry and are taking out this anger on your husband.

I think the best thing here is for all of you to go for some family counseling. The children need to deal with all their negative feelings in a neutral, non-threatening atmosphere. Once they can do that, you will all be able to get about the business of being a real, cohesive family.

By the way, you haven't mentioned it, but I suspect the children's real father has something to do with this. He may be putting them up to acting like they do. If that's the case, I believe you should deal with him directly; or perhaps even curtail his visitation rights by having them supervised. Good luck.

DEAR DEX

by Dexter Dyer

DEAR DEX:

I'm a 39-year-old male who has always been very active. I have done very well in the business world. A few months ago, I began to feel very tired and sickly. I went to see my doctor who ran many tests. He came back with devastating results. They have diagnosed me with liver cancer. At most, I have one year to live. I've always been a proud person and a very private person. The woman most close to me has left me now, stating she cannot deal with my diagnosis, and the inevitable death that lies ahead for me. There are still so many things I would like to do, but I'm getting weaker and weaker. I could try experimental drugs and possibly live longer, or sell my condo, and car, etc., and just travel and spend all the money I have. My family and I aren't close, and this hasn't made much of a difference in our relationship. Unfortunately, they're not doing very well financially, and what I have could set them for life. Am I being selfish and foolish to just take off and do everything I ever wanted before my number is up? Please help to point me in the right direction.

OUT OF TIME

DEAR TIME:

First of all, I think you should do everything and anything that will add to the quality of your life right now. If that means indulging yourself, go right ahead. I don't think any guilt is warranted regarding your family. They will see to themselves as they have always done, with or without your money.

There is something I think you can do for yourself which has nothing to do with money. I think you should discuss your feelings about what's happening to you, and what will happen to you, with a member of the clergy. It doesn't have to necessarily be a religious thing. I just think it's important to attain some sort of peace of mind and oneness with self when dealing with a terminal illness. In fact, if you are reluctant to talk to a clergy person, you might want to speak with a psychologist.

King Crossword

ACROSS
1. Drop of liquid
6. Past
8. Andrews or Wynter
12. — maker
13. Start for head or lock
14. Manners
15. Bittern's cry
16. Artist's shortcut
18. O'Hare, for one
20. Engange
21. French women
22. Vintage auto
23. On the left side
26. Routes for planes
30. Earliest bird
31. Fortify
32. The Lion
33. Certain military station
36. Explosive
38. Diving bird
39. Intelligence
40. Air current
43. Flight personnel
47. Defense arm
49. Trout
50. Conchal appendage
51. Lady one
52. Level
53. Auk genus
54. Nonplussed
55. Musical

DOWN
1. — an chorn
2. Word in Mark 15:34
3. Cupid
4. Pertaining to regulator
5. Condition of
6. Cantor or tzvi
7. Hockey star Bobby
8. Lawyer Clarence
9. Weaver, in Malaga
10. Headland
11. Tennis star
17. A beverage
19. Baseball great
22. Edge
23. Chalice
24. Lama dish
25. Bower
26. Land someone
27. Wing
28. Hill
29. Distress call
31. Inquire
34. Prunes
35. Start for bus or car
36. Douglas, for one
37. Wheeler, for one
38. Fly diligently
40. Facts
41. Coin of Iran
42. Seed covering
43. Ancient one
44. Aspirer
45. Feeding gravel
46. East German flier
48. British air arm

YOUR HOROSCOPE

by Charles King Cooper

ARIES (March 21 to April 19) The beginning of the week will find you a bit impatient, but then you settle down to have a very productive week week. Good news affects the family circle. Freelance assignments loom on the horizon.

TAURUS (April 20 to May 20) Try to exercise more understanding in connection with children. The artistically talented will be pleased with what they create this week. Pleasure pursuits are happily accessed, so feel free to entertain at home this weekend.

GEMINI (May 21 to June 20) A small irritation could arise with a friend this week. You're getting your house in order for the holidays and will be pleased with what you accomplish there this week. Major shopping is favored, so it's a good time to finish that holiday shopping.

CANCER (June 21 to July 22) You may be tempted to spend more than you can afford this week. It would be wise to exercise patience. Partners work well together as a team this week. *Good news makes for happiness over the weekend.*

LEO (July 23 to August 22) Those who travel at this time are prone to overspend, so watch your wallets. You'll get a lot of routine tasks settled to your satisfaction now. The weekend brings favorable financial developments.

VIRGO (August 23 to September 22) Go easy on your use of credit now, even though the holidays are coming. It would be better to think in terms of smaller gifts, or even homemade gifts. Otherwise, things develop to your satisfaction. Meetings with friends are fun.

LIBRA (September 23 to October 22) A low profile works to your advantage in business this week. You'll get some unfinished tasks out of the way now. Inwardly, you may be slightly upset with a loved one. Don't bottle this up. Express your self and clear the air.

SCORPIO (October 23 to November 21) Your hands are full with a job concern as the week begins, but there will be plenty of time for fun and relaxation once this is cleared up. Socially, your popularity is on the rise, so make plans for the New Year now.

SAGITTARIUS (November 22 to December 21) There's an itch for adventure now, but your main opportunities lie in work areas. Apply yourself, and you'll be pleased with the position you find yourself in by the end of the week. Family and friends are cooperative, so joint projects prosper.

CAPRICORN (December 22 to January 19) Misunderstandings arise between you and your spouse or family member today. It's a good week for making plans for travel. The weekend places an accent on home and family. Romance blossoms for the single set.

rift among family members.

***AQUARIUS** (January 20 to February 18) A conservative approach is best with regard to investment interests this week. Take time to think propositions over carefully. While you're normally quite cautious, for some reason, you are tempted to make snap judgments this week.*

PISCES (February 19 to March 20) While you may have a disagreement about a shopping matter this week, otherwise, things will go your way. The weekend favors going somewhere special and romantic with a loved one. Spend time alone with each other rather than socializing with friends.

IF YOU WERE BORN THIS WEEK, you are both independent and cooperative. You have an introspective side and may be artistically talented.

© 1990 by King Features Synd.

"We will make it New Again"
HARBOLD'S FORD INC.
Ford
Body Shop
- FREE ESTIMATES
- EXPERT BODYWORK
- INSURANCE WORK
- ALL MAKES & MODELS

OPEN: 7:30 A.M. till 5:00 P.M. except Wed. till 8:00 P.M.
We're only 10 minutes South of Capitol City Mall
Rt. U.S. 15, DILLSBURG, PA
Phone: 432-9614 or Toll Free 1-800-522-7283

FOR RENT
Wellsville, Modern 1 bedroom townhouse apartment for individual. $325/month.
432-5617

For Christmas Gift Giving
Freda's Kountry Kandies
West Shore Farmers Market
731-0529
✓ 150 Varieties Homemade Chocolates
✓ 35 Kinds Sugar-free and Low Sodium Candy
✓ Christmas Baskets and Novelty Chocolates
OPEN: TUESDAY, FRIDAY, SATURDAY

Local and Long Distance Towing
24 HOUR SERVICE
365 DAYS A YEAR
EMERGENCY SERVICE AAA
WICKERS'
ROUTE 15 AND CAPITOL HILL ROAD, DILLSBURG
3 Miles South of Dillsburg
OPEN: 7:00 AM - 9:00 PM SEVEN DAYS A WEEK
PHONE: 432-4313
AFTER HOURS CALL: 432-3831
SUNOCO

FAMILY OPERATED FOR 40 YEARS
BEARICH & SON
SINCE 1949
Delivery Available
Andersen Windows
Insulation
Allentown Paint
Masonry Supplies
Idaho White Pine
Plywood
Electrical Supplies
Plumbing Needs
Coal Pipe
Hardware
Paneling
Roofing Material
- LUMBER -
- Spruce - Douglas Fir - Treated -
98 W. Church Street, Dillsburg PA 17019
432-8681 or 697-1486

HARDING'S
St. John's & Old Gettysburg Rd.
Monday-Thursday 11 A.M.-9 P.M.
Capital City Mall 761-7535
Prime Rib Festival
Featuring our mouth-watering, slow roasted Prime Rib of Beef at an unbelievably low price of $9.95—ALL MONTH! (Excluding holidays)
ALSO FEATURED WEEKLY SPECIALS AT VERY SPECIAL PRICES. CALL 761-7535
RESTAURANT • COCKTAILS • WEDDING RECEPTIONS • CATERING
HARDING'S RESTAURANT, INC.
This coupon is redeemable for one complimentary dessert or appetizer of your choice with the purchase of your dinner at our Restaurant. Offer good After 5:00 P.M. Void on Holidays
One Coupon per Table COUPON Good through 12/90

IMPROVE YOUR SMILE!
DAVID LEE SETTINO, D.M.D.
ROBERT A. POWELL, D.D.S.
COMPLETE DENTAL CARE FOR YOUR ENTIRE FAMILY
- General & Preventive Dentistry – Extractions, crowns (caps) & bridges, root canals, dentures (full & partials)
- Cosmetic Dentistry – The very latest techniques to correct uneven, discolored or unsightly teeth.
- Children's Dentistry – Gentle treatment by a caring staff in a relaxed atmosphere.
- Convenience – Emergency treatment, convenient hours and location.

Day & Evening Appointments
MAJOR INSURANCE PLANS ACCEPTED • BLUE SHIELD PARTICIPANT
WE WELCOME NEW PATIENTS
432-1563
977 YORK ROAD, DILLSBURG